



HOUSE RULES

Dogs will trust your leadership if you step up into the leadership position. Let your dog know what you want and what you don't want in every situation - and always be calm & consistent.

NEVER CATEGORY

- 1) My dog is never allowed to pull me on leash (even when we're not "training")
- 2) My dog is never allowed to go through a doorway before me
- 3) My dog is never allowed to get attention, affection or praise from my house guests *until* she is calm first (a well-exercised dog is a prerequisite here)
- 4) My dog never gets any food, toys or an opportunity to play with other dogs (from me or from anyone else) *unless* she is exhibiting clam or relaxed behavior first
- 5) My dog never gets her leash put on or is let out of the car *unless* she is sitting or exhibiting calm behavior first
- 6) My dog never is allowed on my bed or my lap *unless* she is invited first (this applies more to dogs with dominant or resource guarding issues)
- 7) My dog never gets inadvertently rewarded or nurtured for unwanted behavior (jumping, begging, request barking, pulling on her leash etc.)
- 8) My dog never gets to play or eat a full meal (assuming she is feeling okay) without doing some sort of aerobic exercise - walking, running, hiking or rollerblading - first. Snacks, treats and freshly squeezed juices are all okay to give beforehand.

ALWAYS CATEGORY

- 1) My dog always gets some type of attention or affection from me (praise, petting, treats or play) for calm or good behavior
- 2) My dog always has the option of going on minimum one 60 - 90 minute walk per day. Between the hours of 5am and 9am and 5pm and 9pm is recommended. Depending on her energy level and if she's feeling well, the more exercise the better. First thing in the morning is usually ideal - but late afternoon walks are perfectly fine too! (Just please avoid the heat!)
- 3) My dog always has a nice bone to chew on when I leave the house (in a multi-dog household this depends upon if the dogs can share their bones without incident)
- 4) My dog always has several windows open - at home and in the car - for fresh air which mirrors their natural habitat
- 5) My dog always is given the opportunity to simply "act like a dog" (sniffing, chewing, running, playing) at least once a day
- 6) My dog always has the choice to sleep in the same room as me (on the bed or not is up to you and your relationship)
- 7) My dog always feels secure knowing that I am in charge of every situation
- 8) My dog always can count on me being consistent and predictable with my rules, routines and rituals

***Practice being 100% consistent with your House Rules. The more consistent you are - the more happy, balanced and stable your dog will be. Unfortunately, people tend to control their dogs behavior with Anger rather than with Boundaries. These "16 House Rules" helps change that.**

